



Meditation

A Tool for Self-Knowledge

Relaxing and Centering
Quieting and Concentrating the Mind
Finding a Deeper Source of Energy
Attuning to the Body-Mind-Spirit
Connection

We will use readings, movement, imagery and silence. Various traditions will be read from, and every session will include a "quiet sitting." There will be time to share and reflect on experiences. Instruction on how to meditate will be given at each session.

When: Wednesdays, 12:00 to 1:00 PM

Where: SGW Campus, Annex Z, 2090 Mackay room 105

Information: Daryl Lynn Ross
Concordia Campus Ministry
848-3585

Beginning January 18

Continuing for ten weeks.